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**CONTRIBUTED BY**

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**INFANT FRENECTOMY POST-OPERATIVE INSTRUCTIONS**

Most babies appear to experience only minimal discomfort for the first two (2) days after procedure. If your baby seems uncomfortable, Tylenol (acetaminophen) can be given to help with discomfort; ibuprofen (Motrin or Advil) is NOT approved for babies under the age of two (2) months of age. The healing site will change colors (off white, yellow, green, pink), but if you detect very white or red, it may be infected. If you are concerned about anything call our Office [OFFICE OR EMERGENCY PHONE #]

STRETCHING AND MASSAGEING EXERCISES

*Doing the exercises as instructed, allows for proper healing by reducing the risk of re-attachment and therefore the need for repeat surgery.*

* These exercises must be done at least **3 times a day for 3 weeks.**
* **Make sure that hands are clean, and your fingernails are short.**
* Your baby may cry of fuss during the exercises, but should calm down quickly after.

EXERCISE DETAILS

Lay your baby on his back with their head towards you and their feet pointing away.

STRETCH: Place your index fingers under your baby’s tongue on either side of the incision. Lift your baby’s lip or tongue so that you can see the diamond shaped area where the release was made. Stretching should be swift and only needs to be held for 3 full seconds.

MASSAGE: After the stretching exercises, directly massage by rubbing the wound for 30 seconds. Wipe infants mouth with Spiffies Xylitol wipes.

There may be a few drops of blood as the area stretches, but that is normal. Breastfeeding is one way to stop the bleeding. In the unlikely event that bleeding continues, using gauze apply pressure on the wound for 5 to 10 minutes, which should stop the bleeding. If the bleeding doesn’t stop, then press the gauze without peeking for 20 minutes. A moistened tea bag (dark tea) can be used instead of gauze.

[AFTER HOURS / EMERGENCY CONTACT #]